



# **MANUAL**

## ***How to reduce your ecological footprint***

The aim of this manual is to instruct you on how to swiftly reduce your ecological footprint by adapting to an Eco sustainable life style. The following instructions are practical and can be implemented instantly. Once you have followed these instructions correctly, you will be able to notice the instant reduction in the magnitude of your ecological footprint. We advise you to communicate these instructions to others enable to spread Eco awareness in your local community.

### ***What is the ecological footprint?***

The **ecological footprint** is a measure of human demand on the Earth's ecosystem. It compares human demand with planet earth's ecological capacity to regenerate it. It represents the amount of biologically productive land and sea area needed to regenerate the resources a human population consumes and to absorb and render harmless the corresponding waste, given prevailing technology and resource management practice. Using this assessment, it is possible to estimate how many planet Earths it would take to support humanity if everybody lived a given lifestyle.

### ***Ten steps to easily reduce your ecological footprint.***

1. Switch to **energy efficient** light bulbs, shower heads and other home appliances enable to prevent wasting extra electricity, water and gas.
2. If you have your own house, install a **geothermal heating** and cooling system in your back yard. It will cost you a large sum upon installation but you will immensely reduce your energy expenditure making it a great investment in the long term.
3. Change to **on-line mailing services** enable to entirely eliminate incoming paper mail and paper advertisement.
4. **If you live far** from your work place, you should:
  - a. reduce your office hours by working from home via Internet
  - b. find other colleagues who live relatively near to where you live and set up a car pooling routine.
  - c. use a bike to get to the train station and commute to work with the train.
5. **Use your car only when** the circumstances absolutely require the use of an automobile. Before using the car calculate the following factors: the urgency of your task, weather conditions, traveling distance, extra weight, and traffic. If the circumstance does not necessitate the use of a car you should seriously consider alternative forms of transportation such as: bikes, trains, trams, buses and walking on foot.
6. **If you have an old bike** in the garage which you are not using have it fixed immediately, giving the variety of small tasks you will need to do in your daily routine a bike is most likely to come in handy, therefore you could significantly reduce the amount greenhouse gases that is released into the environment by your car and save up on time and money.



7. Try to buy as many **locally produced products** as possible and buy them from local markets and small businesses, do not buy your shopping items from big super markets because you will be acknowledging their anti-environmental product delivery system. Your main Shopping items such as bread, meat, dairy products, eggs, fruits and vegetable should be coming from a nearby organic farm. You will be enjoying a much healthier diet and helping your local economy at the same time.
  
8. Always use an **eco friendly bag** to carry your shopping, keep in mind that how the food is packaged is just as important as where it comes from, so refuse to have your food wrapped around plastic, if you must, use alternatives such as aluminum or paper wrappings which will have a less devastating effect on the environment once they have been disposed.
  
9. As the quest for **renewable energy** is expanding, solar energy is finding its rightful place within the global energy market. You should begin to explore the possibility of storing electricity from sun rays. Unlike the previous generation of solar technology, the current technology is quite efficient. Purchase a solar panel and begin storing the energy that exists in your back yard and balcony.
  
10. It is not us against the big corporations who are destroying our planet's Eco system. It is us against our own choice. If we as individuals **make the choice to change** our consumption culture to be in accordance with our Eco system, big corporations will eventually fall because the consumer demand for their anti-environmental products will dramatically decrease. If you want start examining the harm that is being inflicted on the environment you should begin by evaluating your own relation with your surroundings.